DOCUMENT RESUME

ED 445 822 PS 028 925

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TITLE	Easy To Love, Difficult To Discipline: The Seven Basic Skills for Turning Conflict into Cooperation.
ISBN	ISBN-0-688-16116-2
PUB DATE	2000-00-00
NOTE	285p.
AVAILABLE FROM	William Morrow and Company, Inc., 1350 Avenue of the Americas, New York, NY 10019 (U.S., $23; Canada, $34.95).
PUB TYPE	Books (010) -- Guides - Non-Classroom (055)
EDRS PRICE	Document Not Available from EDRS.
DESCRIPTORS	Change Strategies; Child Development; *Child Rearing; *Children; Conflict; *Cooperation; *Discipline; *Parent Child Relationship; *Parents; Self Evaluation (Individuals); Values Education
IDENTIFIERS	Disciplinary Styles

ABSTRACT

Based on the view that parents discipline their children in the same way they discipline themselves, this book helps parents become aware of how they treat themselves and presents a framework called loving guidance. Chapter 1 introduces the framework built on the premise that parents' perceptions dictate their actions such that to change behavior, the focus must be on perceptions as well as actions. Chapter 2 teaches seven powers for self-control which increase resourcefulness in disciplinary situations with children from toddler through school age: perception, attention, free will, unity, love, acceptance, and intention. Chapter 3 teaches seven basic discipline skills emerging from each power of self-control to help children become more cooperative in everyday encounters: composure, encouragement, assertiveness, choices, positive intent, empathy, and consequences. Each of these discipline skills teaches corresponding values for living: integrity, interdependence, respect, commitment, cooperation, compassion, and responsibility. Chapters 4 through 9 focus on six of the discipline skills, providing suggestions for parents to examine their own styles, and discusses ways to change. Chapter 10 focuses on children's misbehavior and outlines behaviors that typify various stages of child development and can lead to certain types of conflicts. Chapter 11 presents scenarios demonstrating the use of the seven powers for self-control and the seven basic discipline skills. Chapter 12 summarizes the information in the form of a concise, 7-week program, with each week focusing on one of the powers for self-control and the discipline skill that evolves from that power. (Each chapter contains references.) (KB)

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